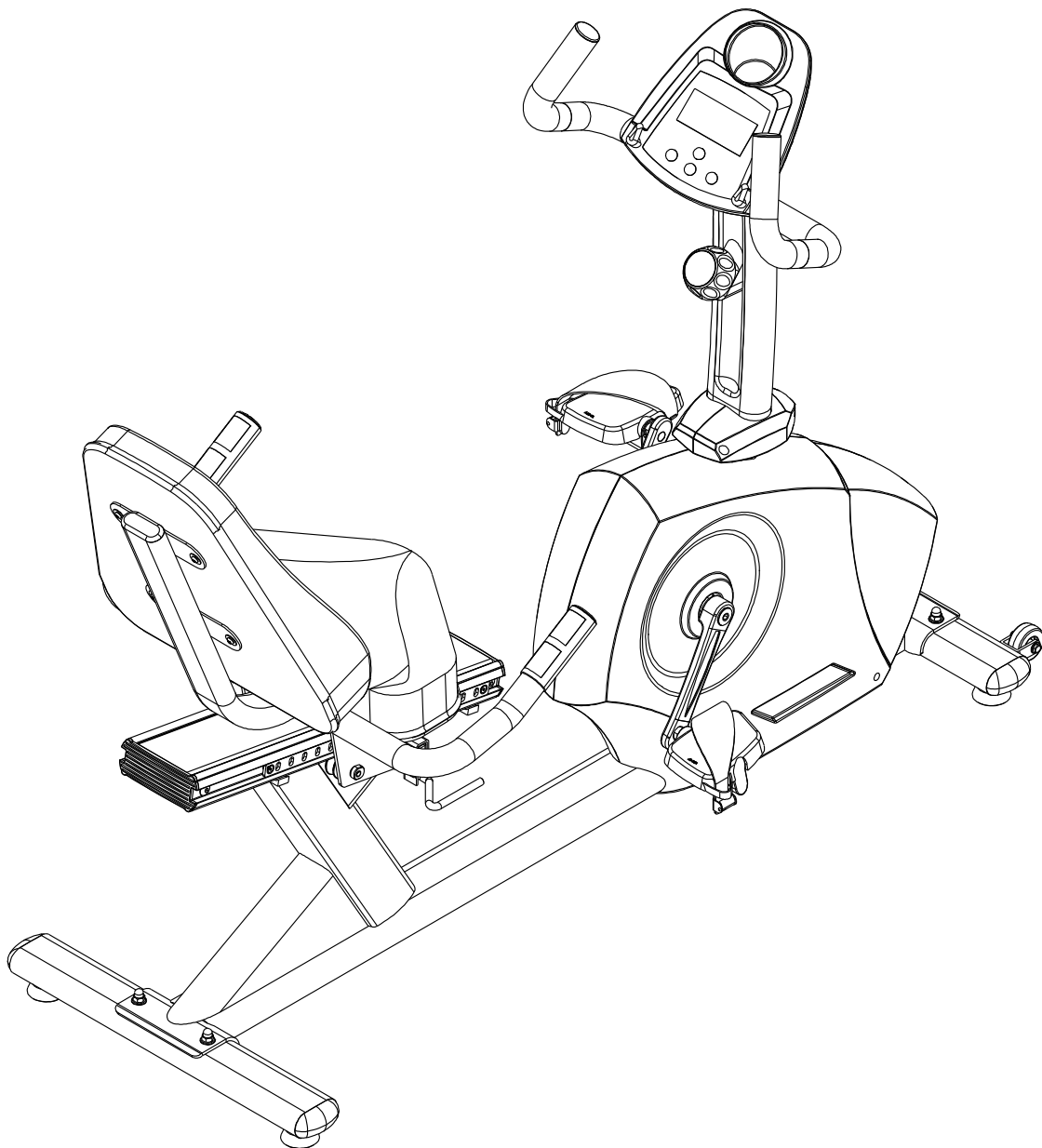


# KP-1100 RECUMBENT BIKE USER MANUAL



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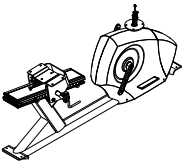
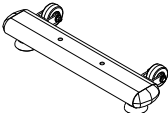
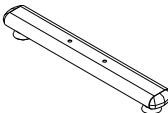

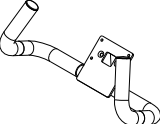
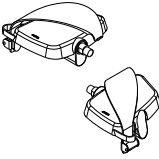
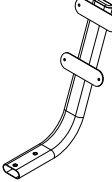
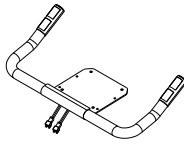
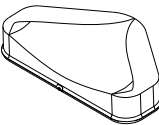
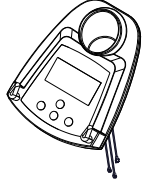
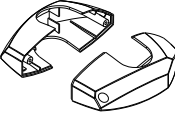
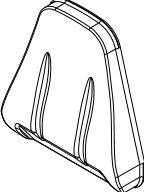
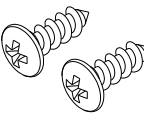
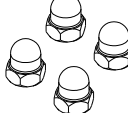
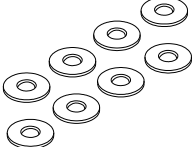
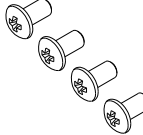
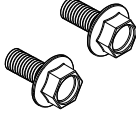
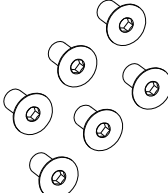
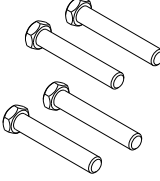
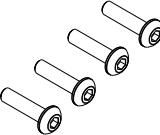

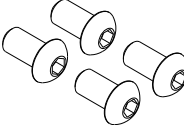
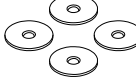
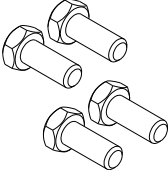
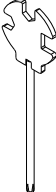


**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the product while in use. This machine is designed for adults only. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.

**WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.**

**CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.**

Parts Drawing

 ①	 ②	 ③	 ④	 ⑤
 ⑥	 ⑦	 ⑧	 ⑨	 ⑩
 ⑪	 ⑫	 ⑬	 ⑭	 ⑮
 ⑯	 ⑰	 ⑱	 ⑲	 ⑳
 ㉑	 ㉒	 ㉓	 ㉔	
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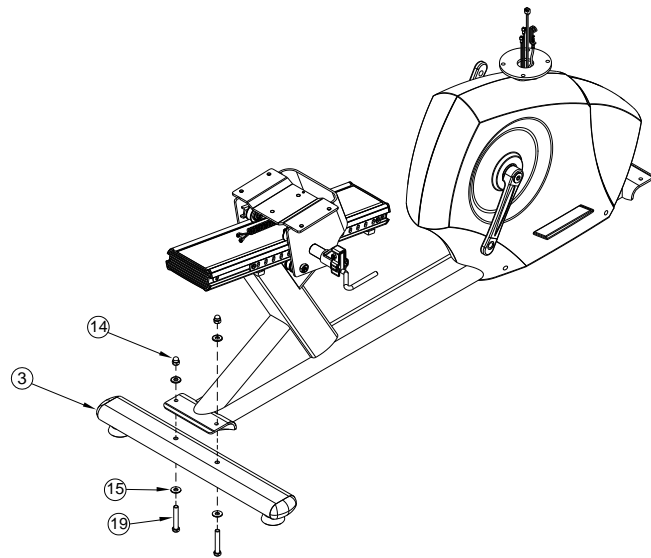
## Parts List

Item No.	Description	Qty.
1	Main Frame	1 PC
2	Stabilizer-Front	1 PC
3	Stabilizer-Rare	1 PC
4	Upright Tube	1 PC
5	Hand Bar	1 PC
6	Pedal	1 SET
7	Back Tube	1 PC
8	Seat Assembly	1 PC
9	Upholstered, Seat	1 PC
10	Computer	1 PC
11	Upright Joint Cover	1 SET
12	Upholstered, Backrest	1 PC
13	Self Tapping Screw M5x16L	2 PCS
14	Dome Nut 3/8"	4 PCS
15	Washer 20x3/8"x2.0T	8 PCS
16	Bolt For Computer	4 PCS
17	Hex Bolt M8x25L	2 PCS
18	Hex Bolt M8x25L	6 PCS
19	Hex Bolt 3/8"x64L	4 PCS
20	Hex Bolt M6x20L	4 PCS
21	Washer 1/4"x19x2.0T	4 PCS
22	Hex Bolt M8x12L	4 PCS
23	Washer 8x16x1.5T	4 PCS
24	Hex Bolt M8x25L	4 PCS
25	Tool	1 PC
26	Wrench 5mm	1 PC
27	Wrench 4mm	1 PC

## Step 1. Rare Stabilizer Installation

Attach the Rare Stabilizer (3) onto the front curve of the Main Frame with two  $\frac{3}{8}$ " Bolts (19), four  $\frac{3}{8}$ " Washers (15), and two  $\frac{3}{8}$ " Dome Nuts (14).

Tighten bolts with tool provided.

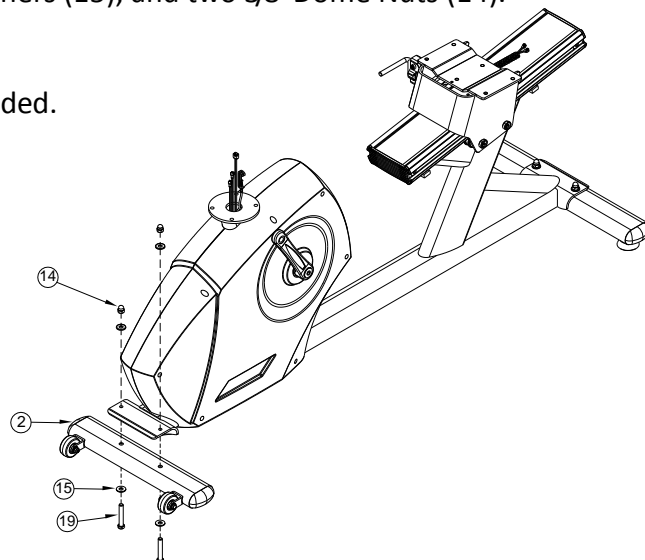


## Step 2. Front Stabilizer Installation

Position the Front Stabilizer (2) in front of Main Frame and align bolt holes.

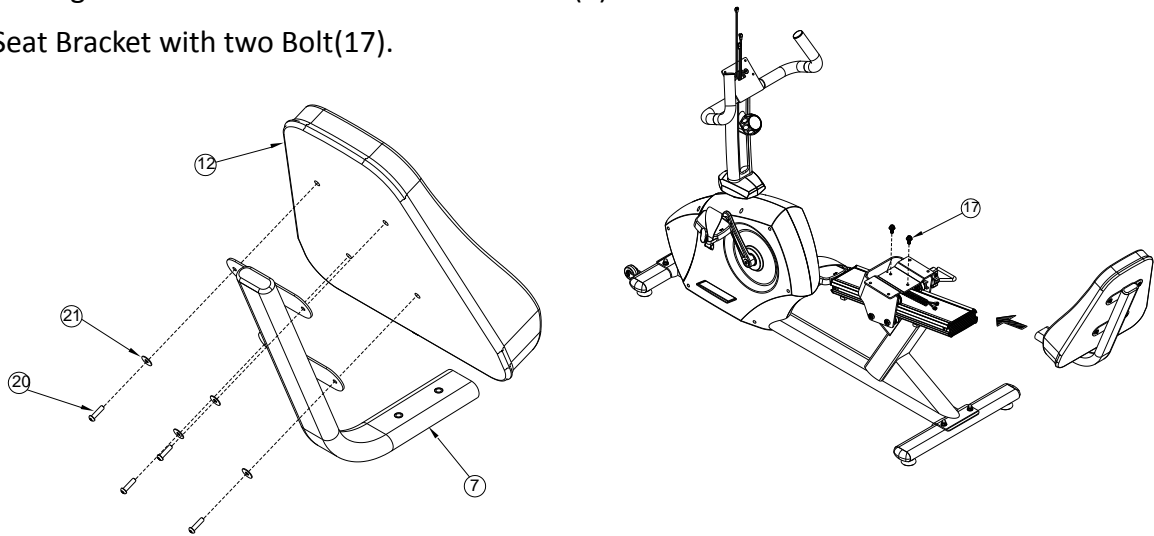
Attach the Front Stabilizer (2) onto the front curve of the Main Frame with two  $\frac{3}{8}$ " Bolts (19), four  $\frac{3}{8}$ " Washers (15), and two  $\frac{3}{8}$ " Dome Nuts (14).

Tighten bolts with tool provided.



### Step3 . BackRest and Seat Assembly

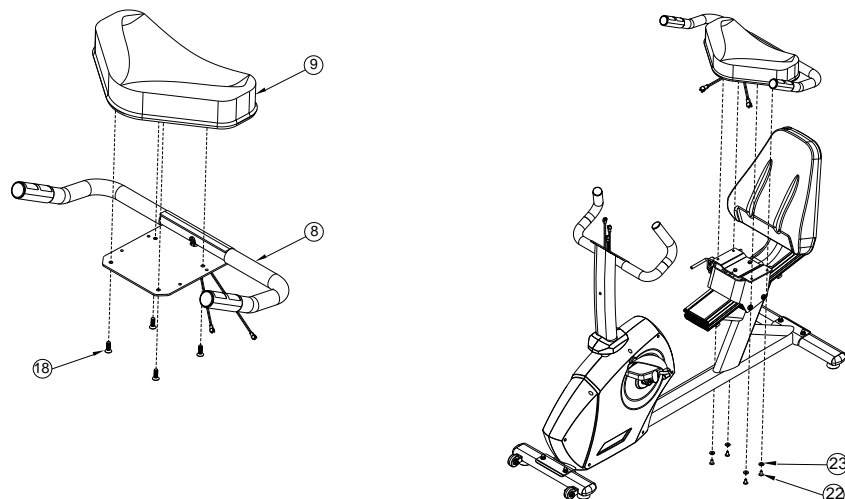
Assemble the backrest(12) to the Backrest Tube(7) with aligning the four screw holes to the holes at the bracket of the Backrest Tube(7). Use four Washers(21) and Bolt(20) and tighten the bolts on the Backrest Tube(7). Assemble the Backrest Tube to the Seat Bracket with two Bolt(17).



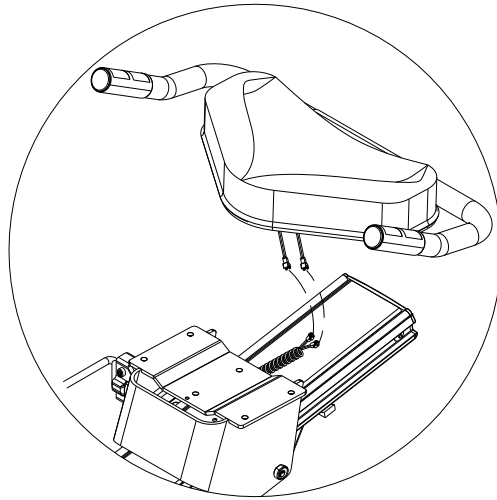
Align the four holes of the Seat(9) to the holes of the Seat Frame(8). Use four Bolts(18) tightening the Seat.

Connect the connector of the coiled hand pulse sensor cable to the hand pulse sensor cable of the handle bar.

Connect the Seat Assembly to the Seat Frame with four Washers(23) and four Bolts(22).



Tighten all Bolts with the tool provided.

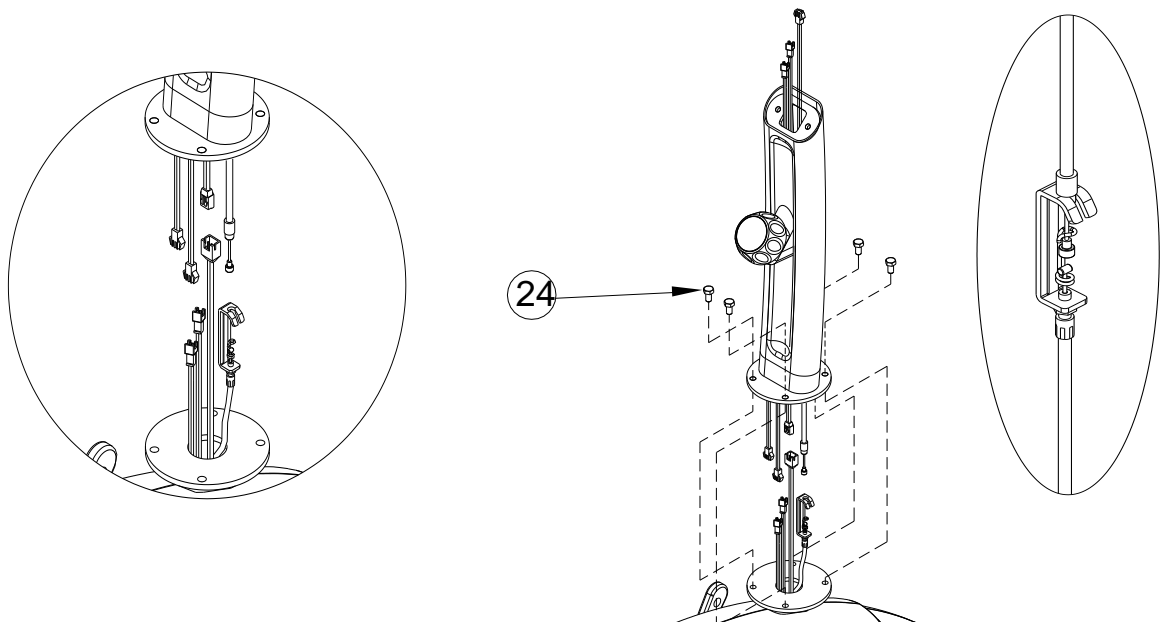


#### Step 4 Upright Tube Assembly

Lift the Upright Tube(4) to the top of the Main Frame, connect the Computer Cable carefully. Slide the Computer Cable into the hole of the Main Frame.

Make sure that all cables are not pressed by the Upright Tube while assembling. Align four screw holes with the bracket of the Main Frame. Use four M8 Bolts(24) securing the Upright Tube to the Main Frame.

Tighten all bolts with the Wrench included.



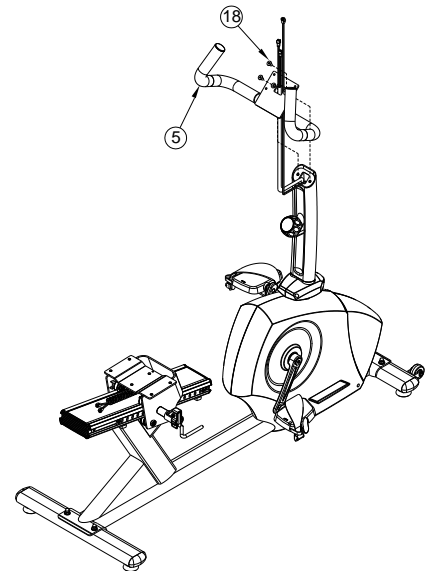


### Step 5 Handle Bar Post Assembly

Route the Computer and the Hand Pulse Cable from the Handle Bar Post(5) to the Hole at the Bracket of Computer Bracket.

Use two M8 Bolts(18) to attach the Handle Bar Post to the Upright Tube.

Tighten all bolts with the wrench included.

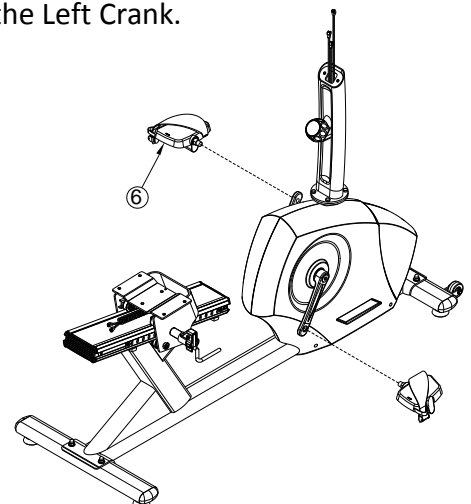


### Step6 Foot Pedal Assembly

Screw the screw of the Right Foot Pedal(1 of 6) to the thread of the Right Crank.

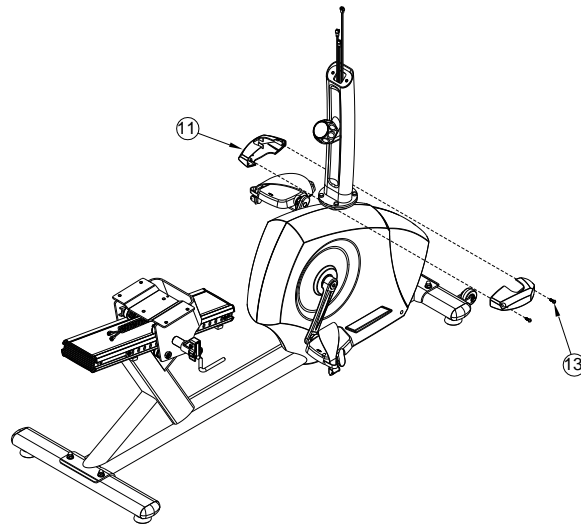
Repeat the same procedure to the Left Foot Pedal(2 of 6) to the Left Crank.

Tighten Foot Pedal with the wrench included.



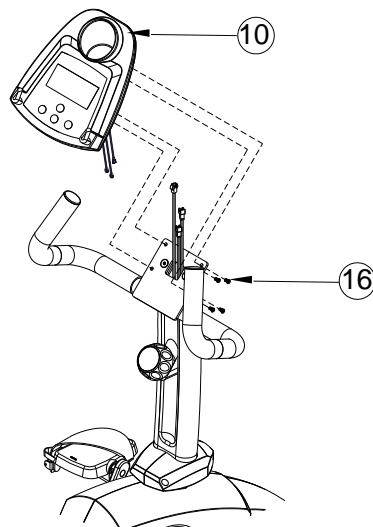
### Step 7 Upright Joint Cover Assembly

Joining the Left and Right Upright Joint Cover(11) onto the brackets of the Upright Bar and the Main Frame. Use two M5 Self Tapping Screw(13) tightening all four screws.



### Step 8 Computer Assembly

Connect the Computer Cable and the Hand Pulse Cables with the plugs at the Computer(10). Slide all Cables into the hole of the Upright Tube. Use four Computer Screws(16) holding the Computer(10) on the bracket of the Upright Bar.



## **Trouble Shooting**

### **Adjusting the Adjustable Leveler**

Turn the Adjustable Levelers (C05) on the Front Stabilizer (2) and Rear Stabilizer(3) as needed to level the upright bike. The bike has to be leveled to prevent from wobble or shaking during the exercise.

## **MAINTENANCE**

### **Cleaning**

The Upright Bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the Upright Bike, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

### **Storage**

Store the elliptical trainer in a clean and dry environment away from children.

## WARM UP

### Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



### Inner Thigh Stretch

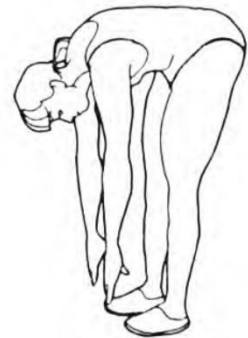
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.



### Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.





Part No	Description	Q'ty
A01	welded,main frame	1
A02	welded,upright tube	1
A03	welded,slide Assembly	1
A04	welded,hand bar	1
A05	welded,shaft pulley	1
A06	welded,pressure assembly	1
A07	welded,Back Tube	1
A08	Stabilizer-rare	1
A09	welded,stabilizer-front	1
A10	welded,seat assembly	1
B01	hex screw M8x1.25x25L	6
B02	hex screw 1/4"x1 3/4"	2
B03	locknut 1/4"	2
B04	crank	1
B05	crank	1
B06	hex screw M8x1.25Px25L	4
B07	dome nut 3/8"	4
B08	nut 3/8 UNC-26	2
B09	socket screw M10x1.5px25L	1
B10	hex screw M8x1.25px10L	4
B11	washer $\psi 23 \times \psi 20 \times 1.0t$	1
B12	wave washer $\psi 20$	2
B13	hex screw M8x1.0x29L	2
B14	philips self drive screw	1
B15	pulley space	4
B16	hex screw M8x1.25Px25L	2
B17	bolt	2set
B18	philips screw M3x25L	4
B19	locknut M10	1
B20	C clip	1

Part No	Description	Q'ty
B41	socket screw M5x0.8Px25L	1
B42	welded,fixed seat	1set
B43	locknut M5	1
B44	spring	1
B45	lock pin	1
B46	locknut M8	4
B47	hex bolt M8x1.25px45L	4
B48	pulley shaft	4
B49	socket screw M6x1.0Px30L	1
B50	hex bolt M6x1.0px20L	4
B51	washer $\psi 1/4" \times \psi 19 \times 2.0T$	4
B52	hex screw M5x0.8Px10L	4
B53	hex bolt M8x1.25px10L	4
B54	washer $\psi 8 \times \psi 16 \times 1.5t$	4
B55	washer $\psi 5/16" \times \psi 20 \times 2.0t$	4
C01	plug $\psi 31.8$	4
C02	main cover-right	1
C03	main cover-left	1
C04	plug 40x80	4
C05	height adjuster foot M8	4
C06	wheel-stabilizer front	2
C07	pedal	1set
C08	belt	1
C09	drive pulley	1
C10	upholstered,backrest	1
C11	rubber grip	2
C12	plug 30x70	1
C13	rubber grip	2
C14	upright joint cover-right	1
C15	upright joint cover-left	1

B21	C clip	1
B22	washer $\psi 10 \times \psi 27 \times 2.0t$	1
B23	washer $\psi 1/4" \times \psi 16 \times 1.5t$	4
B24	hex bolt $3/8" \times 57L$	4
B25	washer $\psi 20 \times \psi 3/8" \times 2.0t$	8
B26	extension spring	1
B27	socket screw $M8 \times 1.25 \times 16L$	1
B28	hex screw $M6 \times 1.0 \times 16L$	1
B29	self tapping screw $M5 \times 16L$	15
B30	washer $\psi 10 \times \psi 25 \times 3.0t$	2
B31	philips screw $M5 \times 0.8 \times 40L$	1
B32	pulls hat M8	5
B33	pulls hat M6	3
B34	lock pin plate	1
B35	screw $M6 \times 1.0 \times 35L$	3
B36	lock pin space	3
B37	hex screw $M8 \times 1.25 \times 30L$	5
B38	space	5
B39	philips screw $M4 \times 0.7 \times 8L$	4
B40	locknut M6	1

C16	plastic pulley	8
C17	gripping sheath	1
C18	pvc pad	4
C19	plug	2
C20	upholstered, seat	1
D01	computer ST-8910	1
D02	flywheer with magnet	1
D03	hand pulse sensor with cable	2set
D04	10step resistance computer	1
D05	computer cable with sensor	1
D06	computer cable	1
D07	tension cable with adjuster	1
D08	hand pulse cable-upside	2
D09	hand pulse cable-center	2
D10	hand pulse cable-lower	2
E01	bearing 6004	2
E02	bearing 6003	2
E03	bearing 608	16
F01	aluminum track left	1
F02	aluminum track right	1